Celebrates 13th Birthday

For her thirteenth birthday, Cathryn Ballowe and her friends enjoyed a party at A. J. Skateworld. Shown above are T. W. Ballowe, Joey Moore, Tammy Martin, James Bohanan, Susie Ranson, Lyn Padgett, Leslie Ranson, Ann Caldwell, Jennifer McCormick, Barbara Guill, Mary Ann Marshall, "Cat" Ballowe, Maria King, Jill Neally, Gina McCormick, Randy Driscoll, Pam Sellers, Tim Woodson and Scott Almond.

Birthday Celebrated

Those there who celebrated were, front row, Melody Hall, Cherie Mason, Chris Dowdy, second row, Robin Dowdy, Arvis Knight, "Birthday Boy Rocky Motley", Mike Knight, Keith Motley, Jimmy Hayes, Jeff Motley, third row, Laura Faye Ordorff, Tracy Dowdy, John Canada, Greg Martin, Bryan Canada, Dean Thompson, Lee Mason.

Fuel Assistance Program

Persons interested in applying for state administered fuel assistance program should contact their local department of welfare or social services for more information on the program after November 16, Welfare Commissioner, William L. Lukhard said today.

"The Governor's announcement of a fuel program on Friday has resulted in a great many people wanting to make an immediate application for the program," Commissioner Lukhard said.

"No applications will be taken before November 16, however, since the department is in the process of putting together final program guidelines, and training local welfare agency staff," Commissioner Lukhard said.

The program will run from December 1 through March 31 and provide assistance to Virginians who are unable to pay the sharply increased costs of fuel this winter.

Assistance will be used to make partial payment for the heating bills of families eligible for aid to dependent children's programs and of individuals whose income is less than 125% of the poverty level.

Some of the services that may be provided are:

Use of the state fuel set aside to insure that vendors have access to supplies for critical cases; payments for emergency purchases of fuel; voluntary aid to provide and deliver fuel and to improve insulation; advice to families on types of assistance available and on conservation measures which can reduce fuel costs; winterization improvements - such as insulation, storm windows and chaulking - for dwellings of individuals and families with critical needs.

Jordan News

The Senior Choir will practice Friday at 7:30 p.m. All members are urged to attend.

On Sunday, Nov. 11, the Spiritual Knights will be celebrating part one of their anniversary at the Jordan Baptist Church. Some of the groups appearing on this program will be: The Southern Jubilee, The Gospel Crowns, The St. Paul's Gospel Chorus, The Spirtualettes, The Gladstone Bros. of Harmony and many more. This program is at 3:00 p.m.

On Sunday, Nov. 11, at 7:00 p.m. the Sunday School will be sponsoring a special program. The Peaceful Grove Community Chorus will be singing in concert.

The Young Adult Choir will meet Tues., Oct. 13, at 7:00 p.m.

There will be a special Thanksgiving night service at the Jordan Baptist Church. This program will be at 8:00 p.m.

THE PAPER PEOPLE
Typing Paper
Mimeo Paper
Adding Machine Tape
3-M Paper
Hammermill Bond
Onion Skin
Scratch Pads
Envelopes
The Times-Virginian
507 Court St.
352-8215
Appomattox, Va.

SISTER ROSE
SPIRITUAL-HEALER-ADVISOR

Will tell you if the one you love is true or false. Calls enemies by name. Gives luck! Who to trust. Advise on Love, Marriage, Business, Health, Happiness. How to overcome your enemies. Removes Evil influences, Bad Luck. There is no problem, so great, she cannot solve. What you see with your eyes, your heart must believe. Come today or call before it is too late. The sound of her voice will help you to see. She is the answer to your prayers. So put your mind at ease. Send $5.00, self addressed stamped envelope.

"The House of Blessing"

- Psychic
- Advisor
- Spiritual
- Reader

Are you suffering, sick, or in need of help! Don't go through life in misery. See this Gifted Healer today. She has helped and healed thousands throughout the country. Why not you? This woman has come from Jerusalem, the land of Miracles. What your eyes see, your heart will believe. She gives advice on Love, Marriage, Business and Divorce. She gives lucky days and lucky hands. She lifts you out of sorrow, and starts you on the road to success and happiness.

Rt. 1, Box 243
Lynchburg, Virginia 24502
Phone 239-9339 or 237-5085

OPEN DAILY & SUNDAY 8 A.M. — 11 P.M.
FULL LIFE READING — This Week
½ Price With This Coupon.

FROZEN FOODS
AND DAIRY PRODUCTS

SEALTEST ICE CREAM SANDWICHES 6 PACK 89¢

EVER FRESH GLAZED DONUTS 14 OZ. BOX 79¢ SAVE 30¢ - BOX OF 12

JENO'S DELUXE COMBINATION PIZZA 20 OZ. $1.99 SAVE $1.00

VAN DeKAMP BATTER DIPPED FRENCH FRIED PERCH 14 OZ. PKG. $1.49 SAVE 50¢

VAN DeKAMP FISH KABOBS 16 OZ. PKG. $1.49 SAVE 30¢

PILLSBURY BIG COUNTRY BISCUITS 12 OZ. CAN 3 FOR $1.00 SAVE 32¢

RICHFOOD SLICED AMERICAN CHEESE 12 OZ. PKG. - 12 SLICES $1.09 SAVE 40¢

TROPICALO ORANGE DRINK 64 OZ. BOTTLE 79¢ SAVE 36¢

BANQUET FRIED CHICKEN 2 LB. BOX $1.99 SAVE 90¢

WILBUN'S
SUPER MARKET • RT. 460 • APPOMATTOX, VA.

WE RESERVE THE RIGHT TO LIMIT QUANTITY!

COCA-COLA 8/16 OZ. BOTTLES 99¢ Plus Deposit

CHOICE WESTERN BEEF
TENDER AGED BEEF PERSONALLY SELECTED USDA CHOICE
USDA CHOICE
Grade "A" all the way.
Prices Good Thru Sat., Nov. 10, 1979

BEEF FULL CUT Round Steak $1.69 Lb.

GREEN HILL Sausage 99¢ 12 Oz.

BEEF SHORT RIBS $1.29 Lb.

BONELESS BEEF RUMP ROAST $1.99 Lb.

Richfood Bacon 99¢ Lb.

GWALTNEY GREAT DOGS 99¢ Lb.

SMITHFIELD Bologna $1.19 Lb.

FAMILY PACK CHICKEN 3 Breast, 3 Thighs, 3 Drumsticks 59¢ Lb.

QUARTER PORK LOIN $1.19 Lb.

FRYING CHICKEN WINGS 49¢ Lb.

CENTER CUT RIB PORK LOIN $1.59 Lb.

CENTER CUT LOIN CHOPS $1.69 Lb.

QUALITY FRESH Produce

Garden Fresh CARROTS 2 1 Lb. Bags For 39¢

TEXAS YELLOW ONIONS 3 lb. bag 39¢

New Crop Juicy FLORIDA ORANGES 5 Lb. Bag 99¢

Golden Ripe BANANAS 4 lbs. $1.00

CAMPBELL'S Pork & Beans 28 Oz. Can 2 FOR $1.00

HAPPY VALE PEACHES 28 Oz. Can 59¢

Carnation Coffee-Mate 22 Oz. Jar $1.69

DUKES MAYONNAISE QUART JAR SAVE 54¢ 89¢ Limit 2 Please

DINTY MOORE Beef Stew 2½ Lb. Can $1.99

BREAST O CHICKEN CHUNK LIGHT TUNA 6½ Oz. Can 69¢

SWIFT'S POTTED MEAT 3 Oz. Cans 4 For $1.00

SWIFT'S Vienna Sausage 5 Oz. Can 2 For 89¢

HORMEL Chili with Beans 15 Oz. Can 69¢

Ivory SOAP PERSONAL Size 4 For 69¢

Green Giant Le Sueur EARLY PEAS 17 Oz. Can 2 For $1.00

Richfood TOMATO CATSUP 32 Oz. Bottle 49¢

ZIPLOC SANDWICH BAGS 100 Count 99¢

DAWN FRESH MUSHROOM STEAK SAUCE 5½ Oz. Can 2/49¢

Little Friskies Buffet CAT FOOD 6½ Oz. Can 4 Cans For $1.00

TOAST'EM FROSTED POP-UPS Apple, Blueberry, Fudge, Strawberry, Cherry, Brown Sugar 10½ Oz. Box 2 For $1.00

GREEN GIANT SLICED Mushrooms 2½ Oz. Can 2 For 99¢

Prestone II Anti-Freeze $3.39 Gallon

The Magic of Halloween

On Wednesday of last week, things looked quite a bit different at COLE'S CHILD CARE CENTER at S. Church Street. Instead of the happy faces of boys and girls there were witches, goblins, and all sorts of "Scary Creatures." Take a look at the picture and you'll see what I mean. Look carefully at the back row and you'll see a horrible old "Snaggletooth Witch" who was the scariest one of all!

"The Littlest Pumpkin"

The students pictured above helped to present a Halloween play at Appomattox Primary School last Friday. The play was "The Littlest Pumpkin."

The cast included all boys and girls in Mrs. Simpson's first grade class. Shown in photo are, seated, Kevin Primm, Anthony Harvey and Rusty Jennings, left to right; and standing is Sabrina Acree.

Primary children enjoy a chance to be on stage and to use a microphone. As well as being fun, dramatizations provide many benefits to the students.

Eating Well

by Barbara L. Morlang, R.D., Ph.D.
Regional Public Health Nutritionist

Q. Is it true that even a little exercise will burn a lot of calories?

A. Many activities require little energy expenditure, and if the activity is practiced less than an hour a day there will be only a slight increase in the total number of calories needed. The following list will give you some idea of the number of calories burned during exercise.

Activity	Average Calories Used in 30 Minutes
Swimming	345
Skiing	324
Running	318
Tennis	213
Cycling	210
Golf	150
Bowling	132
Ironing	126
Sitting	48

Q. I am a short-distance runner and would like to know if it is true that candy, honey, or other "quick energy" foods eaten before the game will help me play better?

A. The extra calories needed for short-term activities is already available within the body. Sugar eaten just before the event will not necessarily improve performance, but will be used by the body to help replace the calories burned during the game. Taking additional amounts of sugar before a game appears to increase one's ability to continue performing in endurance events and to relieve fatigue, but apparently does not enhance performance in events of short duartion.

Concord Senior Citizens To Have Annual Bazaar

The Concord Sherwell area Senior Citizens will have their Annual Bazaar on Saturday, November 10th from 9 a.m. to 4 p.m. at the Sherwell Community Center on St. Rt. 646. Baked goods, crafts, etc. will be available.

Pens
Pencils
Envelopes
Clip Boards
Mimeo Paper
Bond Paper
Anything For The Office
The Times-Virginian
507 Court St.
Appomattox, Va.

CANNON TOWEL OUTLET
DISCOUNT PRICES DISCOUNT PRICES
SAVE 5.00 on 1st Quality Closeouts
Bath Towel, Hand Towel, Wash Cloth Only 8.99

3 Pc. Kitchen Towel Sets..... 3.29
Christmas Kitchen Towels..... 1.49
Snoopy Washcloths..... EACH 89c
Snoopy Necklaces..... Each 1.99
Earrings..... $1.00
Brown, Gold, Rust
Big Bath Sheets..... EACH $8.99

8 x 10 Pictures with glass ½ Price
NOW ONLY $2.49

- Bath Rugs
- All Kinds of Towels
- Handmade Macrame Owls
- Handmade Clocks
- Bedspreads
- Blankets
- Sheets
- Mattress Pads

Christmas Tree Decorations Only 3.00 each (Sold elsewhere for 4.00 or more)
Many other ceramic items to choose from.
GIFT CERTIFICATES — For those "Hard to buy for" people on your list.

Cannon Towel Outlet
239-2040. 10-6 Mon.-Sat. 221 South towards Forest